



Tēnā koutou katoa | Kia orana  
 Talofa lava | Malo e lelei | Fakaalofa lahi atu  
 Taloha Ni | Ni Sa Bula Vinaka  
 欢迎 | こんにちは | ابحرم | वेलकम  
 Greetings and Welcome to  
 Women's Health



[pepi.adhb.govt.nz](http://pepi.adhb.govt.nz)

## More support

In addition to the pregnancy and parenting education classes provided by Te Toka Tumai, a range of private classes and programmes are available in the community, where fees may apply.

### Birthcare

Birthcare offers classes at Birthcare, Parnell – nine hour courses over three weeks, or a six hour course on Saturdays. Refresher and breastfeeding classes are also available. For those booked to birth at Birthcare, a free 2 hour 'Birthing at Birthcare' class is also offered. An Infant and Child First Aid Course and a post-natal 5-week course for new parents is also offered.



**birthcare**  
 ...for the very best start in life

To find out more or to register,

Visit: [birthcare.co.nz/classes](http://birthcare.co.nz/classes)

Phone: (09) 374 0800

### MAMA Maternity Information Services

Classes are held in Sandringham.

Visit: [mamamaternity.co.nz](http://mamamaternity.co.nz)

Phone: (09) 815 8108



### Parents Centre

Classes are held across Auckland.

Visit: [parentscentre.org.nz](http://parentscentre.org.nz) to find your nearest centre.



### Reminder!

Register for Te Toka Tumai's pregnancy and parenting education classes at:

[pepi.adhb.govt.nz](http://pepi.adhb.govt.nz)

**Te Whatu Ora**  
 Health New Zealand

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# Pregnancy and Parenting Education for you and your whānau



**Te Whatu Ora**  
 Health New Zealand

In the community



## Pregnancy and Parenting Education Classes

The best time to get all the information you need to know about having a healthy baby and becoming a whānau/family is before baby is born!

Te Whatu Ora, Te Toka Tumai Auckland offers fully funded pregnancy and parenting classes to meet the needs of all first time parents, including young/teenage parents, Māori, Pasifika and Asian parents, and parents for whom English is a second language.

### We offer:

- **Early pregnancy classes** for those 12-16 weeks pregnant
- **Advanced pregnancy classes** for those, ideally, between 28 and 30 weeks pregnant – register for a class from 16 weeks pregnant
- **Access to ongoing learning** including Zoom chats covering a wide range of topics hosted by our childbirth education, midwifery and lactation consultant team

Classes are delivered by our team of highly experienced childbirth educators and community partners. All classes promote physiological (natural) birth which empowers women to trust in their natural birthing ability and to make informed choices about their pregnancy, place of birth and transition to parenting.

**Community classes are available across the Auckland Te Toka Tumai geographical area. We provide Zoom and face to face classes.**

“The educator’s in-depth knowledge about everything was so helpful and reassuring.”

Find out more information and register online at:

[pepi.adhb.govt.nz](https://pepi.adhb.govt.nz)

## Topics covered include:

- ▶ **The maternity system in New Zealand** – your rights and responsibilities, your Lead Maternity Carer (LMC) and other health professionals, your choice of where to give birth, support networks in your community
- ▶ **Healthy pregnancy** – healthy eating, exercise, and the effects of smoking, alcohol and drug use
- ▶ **Pregnancy care** – antenatal checks, screening, planning for birth, complications of pregnancy
- ▶ **Labour and birth** – preparing for your labour and birth, labour signs and stages, why home is the best place for early labour, how your partner and support people can help, managing pain, and those first hours with your baby
- ▶ **Postnatal care** – care for mother and baby, family support, body changes
- ▶ **Breastfeeding and safe sleeping** – infant nutrition and safe sleep practices
- ▶ **Early Parenting** – caring for your newborn baby, growth and development, coping with a crying baby, community support, immunisation

## Hapū Wānanga – Māori Childbirth Education Classes, Ngāti Whātua Ōrākei

Join our Māori midwives for our monthly Hapū Wānanga held by Tamariki Ora, Ngāti Whātua Ōrākei, This is a kaupapa Māori pregnancy and parenting education experience. A chance to share, to kōrerō and explore te ao Māori in relation to labour, birth, traditional Māori birthing, breastfeeding, immunisation and more!

If you would like to know more, please call or text Paige on 021-245-8567 or email [paigel@nwo.iwi.nz](mailto:paigel@nwo.iwi.nz)

“Educator was informative yet had a simple and straight forward way of explaining everything. Absolutely fantastic ... most credible presence.”



## Looking for a midwife?

As soon as you know you are pregnant you need to choose a **lead maternity carer** (LMC) to provide your care. LMCs are registered midwives, private obstetricians or family doctors. If you are a New Zealand citizen or permanent resident maternity care is free, unless you choose a private obstetrician or private sonographer.

To find a midwife in your region, go to: [findyourmidwife.co.nz](https://findyourmidwife.co.nz)

## Where to birth?

You can choose where you have your baby. Your options include at home, a primary birthing unit (for Te Toka Tumai residents that would be Birthcare), or in hospital. Be sure to discuss your options with your midwife. Women who birth at home or in a primary birthing unit are more likely to have a normal birth than women who give birth in hospital<sup>1</sup>. Unless you experience complications during your pregnancy, birthing at home or a primary birthing unit is safe and enables access to the support you need.

<sup>1</sup>Birthplace in England Collaborative Group (2011). Perinatal and maternal outcomes by planned place of birth for healthy women with low risk pregnancies: the Birthplace in England national prospective cohort study. *BMJ*, 343(7840), d7400. Bailey, DJ. (2017). Birth outcomes for women using free-standing birth centers in South Auckland, New Zealand. *Birth* 44(3), 246-51

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